

ABSTRACT

Visual Design of a Digital Book on Meditation for an Early Adult Group

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The pressure in life that is felt by a person can trigger the emergence of a sense of stress. This stress is prone to emerge, especially during the early adult phase, which is the transitional phase from adolescence to adulthood. This is because in the early adult phase, a person has ambitions and targets to be achieved and is in a high level of activity. Unresolved stress can affect health and productivity levels in daily life. The effort or solution that can be done to control this stress is to do meditation. However, due to difficulties and obstacles in doing meditation such as a lack of understanding related to meditation, most early adult individuals do not do these activities even though they need and have an interest in doing so. Therefore, it is necessary to have an information medium for early adults about meditation and meditation techniques that can be done easily in everyday life. The final result of this design is expected to increase insight and understanding more about meditation and can encourage early adults to start meditation activities.

Keywords: Meditation, Stress, Digital Illustration Book

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